

Kentucky Department of Education

Course Standards for 2019-20 and Beyond

Course Code: 703088

Course Name: K-3 Integrated Health Education & Physical Education

Grade level: K



Upon course completion students should be able to:

Standards

HEALTH

Standard 1

Students will comprehend content related to health promotion and disease prevention to enhance health.

- K.1.1. Identify family and school rules about the use of medicines.
- K.1.2. Describe the importance of choosing healthy foods and beverages and identify the benefits of drinking water.
- K.1.3. Describe the importance of talking with parents and other trusted adults about feelings.
- K.1.4. Describe the importance of respecting the personal space and boundaries of others.
- K.1.5. Identify the benefits of personal health care practices.
- K.1.6. Identify how injuries can be prevented.
- K.1.7. Identify the benefits of healthy peer and family relationships.
- K.1.8. Describe the benefits of not using tobacco.
- K.1.9. Identify safe and unsafe touches.
- K.1.10. Describe why it is harmful to tease or bully others.

Standard 2

Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

- K.2.1. Identify people at home and in the community who influence personal health decisions and behaviors.

Standard 3

Access valid information, products and services to enhance health.

- K.3.1. Identify school and community health care helpers.
- K.3.2. Identify trusted adults who help provide accurate health information.

Standard 4

Use interpersonal communication skills to enhance health and avoid or reduce health risks.

- K.4.1. Identify effective active listening skills.
- K.4.2. Identify how to effectively communicate needs, wants and feelings in healthy ways.
- K.4.3. Identify unwanted, threatening or dangerous situations.

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- K.4.4. Identify trusted adults to talk to if feeling threatened or harmed.
- K.4.5. Describe positive behaviors used to communicate with others.

Standard 5

Use decision-making skills to enhance healthy behaviors.

- K.5.1. Identify steps needed to make informed decisions.
- K.5.2. Identify health situations that require decision-making assistance.
- K.5.3. Identify trusted adults who help make health decisions for you.

Standard 6

Use goal-setting skills to enhance healthy behaviors.

- K.6.1. Identify individual goals for improving health.
- K.6.2. Identify choices needed to reach a goal.
- K.6.3. Identify people who can help achieve goals.

Standard 7

Practice health-enhancing behaviors and avoid or reduce health risks.

- K.7.1. Identify personal health habits that promote healthy living.
- K.7.2. Identify what causes diseases and other health risks.

Standard 8

Advocate for personal, family and community health.

- K.8.1. Identify ways to encourage others to be healthy.

PHYSICAL EDUCATION

Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

Locomotor

- K.1.L1. Explore a variety of locomotor movements, travelling in different directions.

Non-Locomotor

- K.1.NL1. Explore non-locomotor skills, using different body parts.

Body Management

- K.1.BM1. Maintain momentary stillness on different bases of support and transfers weight from one foot to another.
- K.1.BM2. Transfer weight from one foot to the other.

Manipulative Skills

- K.1.MS1. Explore manipulative skills with a variety of objects using performance cues.

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Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Space

- K.2.SP1. Explore the difference between personal and general space.

Pathways, Shapes and Levels

- K.2.PS1. Explore pathways, levels and relationships.

Speed, Direction and Force

- K.2.SD1. Explore travel in general space with different speeds.

Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Physical Activity Knowledge

- K.3.PA1. Identify a variety of ways to be physically active at school and home.

Physical Fitness Knowledge

- K.3.PF1. Identify the importance of daily activity.
- K.3.PF2. Recognize that moving increases heart and respiratory rate.

Nutrition

- K.3.N1. Recognize that food provides energy for physical activity

Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Social Interactions/Working with Others

- K.4.SW1. Share equipment and space with others in physical activity settings.

Rules and Etiquette

- K.4.RE1. Recognize and follow the established rules, protocol and etiquette in physical education.

Safety

- K.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others

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Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

Health

- K.5.H1. Identify physical activity as a component of good health.

Challenge

- K.5.C1. Acknowledge that some physical activities are challenging.

Self-Expression and Enjoyment

- K.5.SE1. Explore enjoyable physical activities.

Social Interaction

- K.5.SI1. Explore social interaction through physical activity.

Advocacy

- K.5.A1. Recognize the importance of promoting physical activity